

Harvest of the Month

JUNE

SPINACH

HEALTH BENEFITS

- **IRON**
- **CALCIUM**
- **MAGNESIUM**
- **POTASSIUM**



HEALTHY SERVING IDEAS

Spinach contains oxalic acid. Oxalic acid binds with the minerals iron and calcium and reduces the absorption of both minerals. Eating spinach with foods that are rich in vitamin C, such as orange juice, tomatoes, and citrus fruits improves absorption. For example, when having a spinach salad add fresh tomatoes and mandarin oranges.

Spinach is a native plant of Persia, modern day Iran. It was introduced to China in the 7th century and was most probably brought to Europe in about the 12th century and to the US in 1806.

SHOPPING & STORAGE TIPS

Choose fresh spinach leaves that are green and crisp. Avoid leaves that are limp, spotted, or damaged.

Store fresh spinach in an open plastic bag in the refrigerator. Rinse spinach leaves in cool water and pat dry just before serving.

Spinach is one of the few vegetables that is available year-round. It grows best in cool, not freezing, moist condition especially during spring and autumn. It grows well in sandy soils.

LIVE WELL



WAUKESHA COUNTY

HARVEST OF THE MONTH HIGHLIGHTS A LOCALLY AVAILABLE CROP EACH MONTH OF THE YEAR IN SCHOOL CAFETERIAS, RESTAURANTS, WORKPLACES, AND GROCERY STORES. THE PROGRAM EXPANDS ACROSS WAUKESHA, WASHINGTON & OZAUKEE COUNTIES TO HELP CHILDREN, CAREGIVERS, AND THE BROADER COMMUNITY LEARN MORE ABOUT HEALTHY, SEASONAL, WHOLE-FOODS EATING.



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INGREDIENTS



2 teaspoons olive oil
1 clove garlic, minced
1 white onion, diced
4 cups chicken broth
1 can of diced tomatoes with green chilies, not drained
1 can white beans, drained
1/2 cup whole wheat pasta
1/2 teaspoon ground rosemary
3 cups fresh spinach, trimmed
1/4 cup parmesan cheese, grated
salt
pepper

SPINACH & WHITE BEAN STEW

1. In a large saucepan, cook the onions & garlic in the oil.
2. Add broth, tomatoes, drained beans and rosemary or cumin. Season with black pepper. Bring to boil.
3. Add pasta and cook until tender.
4. Add spinach and cook until wilted.
5. Serve with grated Parmesan cheese (optional)

FOR MORE INFORMATION VISIT
WAUKESHACOUNTY.GOV/LIVEWELL



INGREDIENTS



1 1/2 pounds baby spinach
2 tablespoons olive oil
2 tablespoons chopped garlic (6 cloves)
2 teaspoons salt
3/4 teaspoon black pepper
1 tablespoon unsalted butter
Lemon
Sea or kosher salt, optional

GARLIC SAUTEED SPINACH

1. Rinse the spinach well in cold water to make sure it's very clean. Spin it dry in a salad spinner, leaving just a little water clinging to the leaves.
2. In a very large pot or Dutch oven, heat the olive oil and saute the garlic over medium heat for about 1 minute, but not until it's browned. Add all the spinach, the salt, and pepper to the pot, toss it with the garlic and oil, cover the pot, and cook it for 2 minutes. Uncover the pot, turn the heat on high, and cook the spinach for another minute, stirring with a wooden spoon, until all the spinach is wilted. Using a slotted spoon, lift the spinach to a serving bowl and top with the butter, a squeeze of lemon, and a sprinkling of sea or kosher salt. Serve hot.

